

Rates need
lowering?



IM THERE

State Farm
Gardiner Home Office Agents, Inc.
905-835-0521 • www.markguilbeault.com

FRIDAY, JANUARY 21, 2011

Main Street

Deadline extension sought for CIP
Page 7

No pay hike

Salaries of regional chair, councillors to remain unchanged; page 15

Sports complex

Dome pitch falls on deaf ears
Page 12

Food bank

Taking a challenge to raise awareness
Pages 16, 19-20

ROOFING
Residential & Commercial
PERSONAL TOUCH
Home Improvements
Professional Work with a Personal Touch
2601 Hwy #20 EAST • FORTNHILL, 905-892-6117

INPORT NEWS



SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 3 VOLUME 15

For news updated daily see www.inportnews.ca

■ NOT SUSTAINABLE: No funding

Wainfleet to kill Big Pipe bylaw

DAVE JOHNSON
InPort News Staff

WAINFLEET — The township will ask Niagara Region to help implement a fix, replace, repair solution for failing septic systems along the lakeshore area.

see **WAINFLEET** page 2

■ OPPOSING VIEWS: Opponents and proponent speak

Concerns aired out about proposed wind farm



DAVE JOHNSON
InPort News Staff

WAINFLEET — Wainfleet could join a growing list of municipalities asking the province to impose a moratorium on wind farms.

Ald. David Wyatt made a motion to do just that at last Tuesday's township council meeting after three different people spoke about Wainfleet Wind Energy Inc. and its proposed wind farm.

Wyatt's motion will come forward at the Jan. 25 council meeting.

Resident Andrew Watts was the first to speak about the wind farm, marking the second time he's appeared before council on the issue.

"The Green Energy Act is based on a fantasy and based in fallacy. No country that has tried wind farms has found them to be successful," said Watts.

see **WINDFARM** page 2

See Inside:
INSERTS
Full Distribution

Sears

M&M
MEAT SHOP

homes

www.HometownRealEstateGuy.com

Michael Smith
SALES REPRESENTATIVE



ROYALEPAGE

Hometown Real Estate Guy

Brokerage Associate Royal LePage

Brokerage Associate Royal LePage

Ph: 905.834.9000



834 FIELDEN AVE., \$222,900
IMMEDIATE POSSESSION AVAILABLE
OPEN HOUSE SUN, JAN 23 1-2:30PM



84 MICHAEL DR., \$209,900
GREAT FAMILY NEIGHBOURHOOD
OPEN HOUSE SUN JAN 23 2:30-4PM



78 HAMPTON AVE., \$179,900
JUST STEPS TO THE LAKE
OPEN HOUSE SUN JAN 23 2-4PM

■ WINDFARM

Councillors hear opposing viewpoints

FROM PAGE 1

"There's something wrong with the alternative energies they are pushing," he said.

Not only are there 70 municipalities in Ontario asking for a moratorium on wind farms, but Denmark is no longer building onshore wind farms. Watts said Denmark is held up by the wind energy as an example of a place where wind farms work.

He said the country has between 4,000 and 7,000 wind turbines, but public opposition to them is growing.

And while setbacks from home to home and other places in Europe are two to three kilometres onshore, in Ontario it's only 550 metres.

Watts said if independent studies showed wind farms were safe for humans and the environment, he would be the first one in favour of them.

Mike and Tara Pitt, owners of Skydive Burnaby, told council they weren't opposed to green energy, but are worried about two proposed turbines near their business.

They voted to council to vote for a moratorium on wind farms.

The Pitts explained how 80% of the time jumpers from their club leave planes west of the field, which would take them over the turbine towers



DAVE JOHNSON Staff Photo

Skydive Burnaby owners Tara and Mike Pitt talked about their concerns over two proposed wind turbine towers west of their club at Wainfleet council.

proposed for Station Rd.

"Our jumpers would be within 150 metres to 350 metres above the turbines and blades," said Tara Pitt.

She said if a jumper experienced a problem with a chute, that person could collide with the turbines or

crash into the ground trying to avoid them.

IPC Energy president John Andrews was the last to speak on the issue. IPC is the company developing the wind farm in Wainfleet on behalf of Wainfleet Wind Energy Inc., owned locally by the Loeffen

family.

Andrews told council he wouldn't even begin to address issues brought up by Watts.

"It would take me an hour and a half to repudiate what he brought up," he said, adding there is a lot of junk



DAVE JOHNSON Staff Photo

About 50 supporters of Skydive Burnaby came to Wainfleet council to listen to club owners Mike and Tara Pitt talk about their concerns over proposed wind turbine towers.

science out there when it comes to wind farms.

Andrews said the company has taken the Pitts' concerns very seriously.

"We had planned for more turbines closer to the club, but when the Pitts expressed their concerns, we moved them."

Andrews presented a few slides that showed the direction of wind off of Lake Erie. It showed the wind coming more from a southwest direction, than from the west, where the two towers would be located.

Ongoing concern: Skydivers continue to voice their concerns. See story, photos on page 3.

Council heard that if IPC was in violation of any Transport Canada rules regarding obstructions near skydive facilities, it would have heard something by now.

"We have applied to all relevant agencies and have had no negative feedback to date from anyone," said Andrews.

djohnson@wellandtribune.ca

■ WAINFLEET

Residents made their feelings known during the election: Konc

FROM PAGE 3

"The Region has an opportunity to help the township to be a leader in the area of on-site treatment systems," said Ald. Betty Konc.

She said she put forward the motion on the water-sewer issue — the Big Pipe — last week, after giving notice two weeks ago that she would.

Lakeshore residents have been using the third of a pipe for the last six years and need to have some relief from that. We all campaigned to do something about this, now it's time to get down to business and do something," said Konc.

In her motion, she asked staff to bring forward a bylaw to repeal bylaw No. 020-2005.

T b a t bylaw supported the continuation of a preferred solution set out in the Wainfleet lakeshore water and sewer plan.

Her motion directed township staff to start investigating an on-site remedial action plan that will propose an affordable solution to aging and failing private septic systems that will meet environmental and health

and regional funding.

"The Big Pipe solution does not appear to be attainable within a reasonable time frame, largely due to a shortage of funding."

Konc said, as she read off from her motion, she had been disapproving known during the election and the township also had a petition with more than 900 signatures against the proposed plan.

The servicing area, she said, would cover the entire lakeshore area of the township and be south of the old railway trail, the old rail line that passes through Wainfleet.

While supporting Konc's motion, Ald. Ted Hesselwondered if the motion shouldn't cover just the area under a boil water advisory.

Konc said the boil water advisory was in effect and the proposed servicing area under the Big Pipe were two separate and distinct areas.

The servicing area, she said, would cover the entire lakeshore area of the township and be south of the old railway trail, the old rail line that passes through Wainfleet.

"I was thinking the boil water advisory would clear all the areas," said Hesselwondered, who asked if the township

would get a clean bill of health if the failing septic systems were fixed.

S c o t t **L e y e**, t h e t o w n - s h i p 's c h i e f a d m i n i s t r a t i v e o f f i c e r , s a i d i t w a s d e b a t e a b l e w h e n a c l e a n b i l l o f h e a l t h w o u l d c o m e i n .

He said talks with regional staff have indicated it could be between four and 11 years for underground aquifers to regenerate themselves and for the water to become clean again.

"The underground aquifer could be a bigger area than where the septic systems are failing. Septic systems failing in a smaller area could pollute a larger area."

J a c k **W a l d**, i n response to a question from Hesselwondered, that Konc's motion, which passed unanimously, would be sent to regional staff Wednesday and then it would be heard in "their court."

He said regional council will be continuing with Big Pipe studies, follow Wainfleet's request or do nothing at all.

djohnson@wellandtribune.ca



Betty Konc



Ted Hesselwondered

portraits

■ CRITICS: Prove us wrong, they say

Meeting critical of wind turbines

ALLAN BENNER
InPort News Staff

WAINFLEET — If huge industrial wind turbines are really as safe as the companies building them say they are, John LaForet wonders why those same manufacturers are so averse to the idea of independent scientific studies to support those claims.

The solution to the issue is pretty simple, said LaForet, who is president of provincial lobby group Wind Concerns Ontario. He said the wind generation industry "doesn't want to believe what we're saying, let's agree to disagree and have an independent third-party study" to prove once and for all whether the 400-foot-tall wind turbines popping up across Ontario have any adverse effects on health.

His group asked wind industry representatives if they would agree to such a study.

"They refused. Independent scientists are a problem," he said.

"Just do the science, prove us wrong."

LaForet said his group is asking for a moratorium on further wind turbine installations until that research is done.

LaForet was in Wainfleet last Saturday morning to discuss plans to build industrial wind turbines in the township, including two on Station Rd., three more on Brade Rd. and several others throughout the community.

Close to 200 people made their way through a snowstorm to spend about three hours discussing concerns during a meeting organized by Mike and Tami Pitt, owners of Skydive Burnaby.

Cam Pritchard and Neil Switzer from the West Lincoln Wind Action Group, an organization fighting plans to install industrial wind turbines in that Niagara community, were also at the meet-



ALLAN BENNER Staff Photo

Wainfleet skydiver Mike Fenton refers to a map as he explains the dangers facing skydivers if wind turbines are built near the Skydive Burnaby parachute club.

ing along with members of Wainfleet Township council, Welland MPP Peter Tabuns and the riding's member of Parliament, Malcolm Allen.

Two wind turbines are proposed to be built for Station Rd., one by Wainfleet Wind Energy Inc., a partnership between IPC Energy Corp. and Loeffens Farms Ltd., a few kilo-metres west of Skydive Burnaby.

The Pitts said if those two wind turbines are built, it will mean the end of their business and a drop zone for para-

chuting that has been in use for more than 50 years. Allen said the skydivers that use their facility usually jump from planes on the far side of Station Rd., and the wind blows them back to Skydive Burnaby as they descend.

If the wind turbines are built, then Skydive Burnaby jumpers would be expected to descend over a 122-metre-tall wind turbine, rotating at speeds up to 200 km/h, and that "is of grave concern" to Tom Pitt.

"Not only are [the skydivers] our customers, but they're tourists who come here and they're our friends," she said. She finds it "appalling" that the company representatives said they've listened to concerns raised by the business "and we feel

you are a non-issue."

"As a community, I think we have to work together and support one another to figure this out," she said. "There has to be a solution that we can all live with."

Meanwhile, LaForet said the provincial Green Energy Act has taken away the ability of municipalities to control where the wind turbines will be located, and that is having a devastating impact on residents as well as businesses across Ontario, such as Skydive Burnaby.

In addition to IPC, St. Catharines-based Rankin Construction has also applied for permission to build wind farms in Wainfleet over the past few years.

Jordan Beekhuus from Rankin attended the meeting from the business and the hope of discussing

the issue from the developer's perspective. He said he wants to be able to talk with people about the wind turbines that were added in their communities.

He said people in Spain had no complaints, adding that they told him they suffered no ill-health as a result of wind turbines.

"Obviously, I disagree with a lot of the conclusions that (Wind Concerns Ontario) have come to. I think renewable energy is important from an environmental perspective."

Rankin was concerned that no one from the wind-energy industry was invited to speak at the meeting.

"I'm a little distressed that it's as one-sided as it is at this meeting," he said.

LaForet told him the meet-

ing was being held to allow residents to discuss their concerns about industrial wind turbines.

"The reason we have to hold these on the weekends is to counter the spin of your industry's lobby. Even if your company is an honorable one, it doesn't mean you're in a very messy industry. I don't think this is going to be the right venue for you ..."

LaForet said before the rest of his comments were drowned out by applause.

LaForet sent an e-mail to him from IPC president John Andrews in response to information posted on the Wind Concerns Ontario website.

"The e-mail reads, 'I'm tired of your organization misleading the public with propaganda. It has lost its relation to reality. This latest drive about \$4,000 a year electricity bills is just one more demonstration of the real agenda of your organization. If you really think that the government is lying about the cost of the Green Energy Act, do you think telling another lie is the best way to deal with this? Unfortunately, reading your presentation is 10 minutes of my life I will never get back. However, it just confirms that you are a bunch of self-indulgent bullies.'

LaForet read a second e-mail Andrews sent to the Pitts when he learned about their plans for the meeting Saturday.

"Obviously, I disagree with a lot of the conclusions that (Wind Concerns Ontario) have come to. I think renewable energy is important from an environmental perspective."

Rankin was concerned that no one from the wind-energy industry was invited to speak at the meeting.

"I'm a little distressed that it's as one-sided as it is at this meeting," he said.

LaForet told him the meet-



John LaForet

abenner@wellandtribune.ca

IMPORT NEWS

Published by Import News
Osprey Media Publishing Inc.

228 East Main Street, Welland, Ontario, L3B 5P5

Tel: 905-732-2414 Fax: 905-732-3660

import@wellandtribune.ca

Ken Koyama, publisher, general manager

Dave Johnson, Import News senior reporter



SUN MEDIA
A Quebecor Media Company

Ourview

Food bank diet

Close to 70 people in Port Colborne and Wainfleet learned what it's like to live on a diet consisting of nothing but what can be found at food banks.

Bridges Community Health Centre kicked off the provincial Put Food in the Budget initiative last week, with 26 teams coming in and taking home enough food items to eat for a year.

The foods are non-perishable items such as cereal, powdered milk, canned soup, Kraft Dinner, canned fruits and vegetables, canned meat and canned fish. Items that people who rely on food banks eat every day.

Participants were asked to limit their diets to those items because it's not often that food banks receive fresh produce, proteins and dairy products.

The food bank challenge was held to raise awareness of people who are living on low income or living in poverty and rely on local food banks.

Lori Kleinsmith, Bridges Community Health Centre health promoter, hoped that by raising awareness, those who took part in the challenge, locally and provincially, would approach their local MPPs and ask for an increase of \$100 to social assistance rates.

"We hope to end hunger by providing people with the means to purchase healthy foods, which a \$100 increase would allow them to do, it would provide them better access to healthier food, healthier choices and a healthier lifestyle," said Kleinsmith.

She said food in food banks is a Band-Aid solution that helps keep people's stomachs full, but a lot of it is not healthy. Some of the items are very high in sodium and additives.

"For us to live on it for three days is fine, but for somebody to have to live on it day in and day out, we can only imagine what that must be like."

Those that took part hoped to gain a better understanding of what items there are in food banks and what people have to eat day-in, day-out, and we'd like to congratulate them.

Local MP Jim Allen, former MP John Maloney, and the mayors of Wainfleet and Port Colborne took part in it and hopefully it gave them, and everyone who took the challenge, some insight into the daily diet of food bank users.

Mary these current, and former, politicians, can help bring awareness to the issue and pressure their provincial counterparts for an increase in social assistance.

An increase in assistance would mean that most use food banks, especially those that have children, buy fresh produce. Children should be brought up on fresh produce and not have to rely completely on food from a can.

We'd encourage anyone to try a food bank diet challenge on their own for three days, to see what it's like for others.

I'VE BEEN THINKING

The greatest story

REV. THOMAS P. ARTH
First Evangelical Lutheran Church

I've made a New Year's resolution. I'm going to read the Bible.

Shouldn't isn't? A pastor who needs to read his Bible more. I read the Bible plenty, but it's for work. I read the Bible when I'm preparing a sermon or a confirmation class lesson and we read from the Bible in worship, but I don't very often just read the Bible for me. So that's what I've decided.

So over two weeks into the New Year, How am I doing with my resolution? I don't read the Bible every day, but I do more than I did before. I'm not beating myself up about it. Just because you slip doesn't mean you give up. You can start over again and again and I intend to keep on keeping on.

The Bible is an amazing book, written and assembled by many different people over hundreds of years. It contains ancient mythologies, histories, laws, teachings, prayers, liturgies, love poetry, wisdom literature, prophetic messages, letters, strange visions. There's a whole lot of variety in the various parts of the

Bible.

Some people actually find the Bible frightening and intimidating. That's understandable. The Bible is an old book, written in languages and places very different from our own. The language and images used aren't contemporary so it can be hard to understand. That's okay, though. You don't have to be an expert to start reading. It's okay to have questions, to be confused by some things.

In our church we've just started a course called "the greatest story." It's an introduction and big-picture overview of the Bible, its story, and how that story connects to our own personal stories and lives. From now until early June we're going to discuss what this story, sometimes frightening and intimidating, is all about.

I've studied the Bible quite a bit over the years, some parts of it more than others, and I always find it fascinating. I've come to the conclusion that it's not a history book like the ones you might read in a history class, it's not a science textbook like the ones you'd read in a biology class. The Bible is a book of faith.

readers' views

Wake up Ontario

By: Concerns about proposed wind farm in Port Colborne Jan. 13.

I don't take too much exception to the IPC Energy President refusing to comment on my 'junk science.' When anyone refuses to answer to reasonable questions it implies they have no credible answers.

And incidentally, just for the record, I am not affiliated with Wind Concerns in any way, nor ever have been, although I totally support their efforts in opposing Ontario's insane Green Energy Act.

For 10 minutes, last Tuesday evening, the IPC Energy president claimed to be an 'expert witness' with regard to skylining, basing a speech on a few papers he wrote 10 years ago in his youth. No court in Canada would have even contemplated asking such ignorance to be accepted as 'expert witness' evidence. The IPC Energy president offered no more than 'junk science' in his entire presentation.

Energy industry claims that industrial wind turbines are 'reliable, efficient, economical, environmentally friendly and cost effective.'

Reliable. The power grid depends on a continuous and steady power supply.

When the wind drops, wind can provide zero energy. To claim reliability is 'junk science.'

Efficient. Wind energy is credited, on Ontario government web sites, with having just 3% capacity of Ontario's energy needs. Over any given period, wind energy provides less than 1% of that required energy. To claim efficiency is 'junk science.'

Economical. If wind energy was worthwhile, contrarians would be fighting to invest their own money knowing that in today's environmentalist world they would make millions based on good science. To demand a 400% markup on their product to ensure they're 'junk science' is absurd.

Environmentally friendly. Each of the turbines planned for Wainfleet will have nearly 3,000 tonnes of concrete poured as its base into our agricultural environment. Once constructed there will be thousands of litres of gear and lubricating oil in continuous motion, 100 metres above our countryside.

As the wind stops, the rotation. The gears and moving parts have to operate even when the wind stops to continually circulate all that oil. When the wind stops the turbines are powered to continue to turn. 'Junk science' pretending

it's a book written by human beings about the relationship between God and humanity, about God's experiences with the Jewish and Christian communities. Please, let's remember that the Bible is a living book. A good book can be life changing, any good book. The words in the Bible are the living word of God that is life changing and life saving. Martin Luther taught that the Bible is like the manger that held the baby Jesus in Bethlehem. The scriptures hold Christ, the living word, God's address to us.

The Bible holds the living Christ who, as the scriptures are read and proclaimed, lives as God's address to us. As we read and hear the words of scripture the Holy Spirit opens our ears and our hearts so we believe the promises and illusions are removed, old ways are rejected, new life is born, enemies are reconciled, a family is created, and disciples heed the call to follow Jesus.

That's amazing. It really is the greatest story. I just have to keep reminding myself of that and it'll be a lot easier to stick to that New Year's resolution.

to be environmentally friendly.

Green. Gear oil, lubricating oil, insulation, and sealants for buildings using fossil fuel byproducts not a single component being green. More 'junk science.'

Wake up Ontario. You are being scammed.

*Andrew Watts
Wainfleet*

Tragic consequences

I can't say I was surprised that something like the shooting in Tucson happened. And I agree with the sheriff who said the hatred, bigoted vitriolic rhetoric from some on radio and TV has to stop. We all know who was behind the shooting — Fox News. See, we all know much of the Tea Party, Rush Limbaugh and his conservative talk show ilk and unfortunately a good part of the GOP, too.

Palin last March put up a map of U.S. electoral districts where she wanted to get rid Democratic House and Senate representatives. She put these districts on her campaign website. The Tea Party and certain Canadian conservatives will tell you that's just rhetoric and she wasn't serious about shooting anyone.

see LETTERS page

GENERAL NOTICE: The contents of this newspaper are protected by copyright and may be used only for personal, non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright.

For further information, contact Dave Johnson.

LETTERS TO THE EDITOR: Copyright in letters and other material submitted to the publisher and accepted for publication remains with the author, but the Publisher and its licensees may freely reproduce them in print, electronic or other form.

SURGERY: Simple procedure in Bulgaria has given Port woman her life back

Overcoming multiple sclerosis

She has better balance, she doesn't get tired anymore and the spasms are a thing of the past, and the pain she feels is minimal, if she's even feeling any pain.

And it's all thanks to a one-hour procedure Lorna Parson went through this past November at a privately owned hospital in Sofia, Bulgaria to help her multiple sclerosis (MS) symptoms go away.

Incredible.

I saw Lorna twice in October — once in the home she is staying in and once in Sofia (Boomer) and then a few days later at a fundraiser held for her at the Canadian Corps on West St.

Seeing her last Friday, it's almost impossible to believe the transformation she's gone through.

Forgot the cane. When we went outside to shoot the photo to go with this column, she simply got up, went to the back door, and down the outside steps to the backyard pool. That would have been unheard of before the



George Duma
BY GEORGE

procedure.

The only negatives aspect to the surgery is the fact Lorna had to go through what she did for 10 years before finally finding the relief she now has.

"It's so not fair" she says in her living room. "When I realized how simple it is, I just thought 'why didn't I do it sooner'."

And not for herself.

"It's these young ones, their small children of their own, who have MS. Why do they have to go through the pain I was through?" These young ones, they can't do what they want to do with their own children. It doesn't have to be like that?

And she's right. It's difficult for most people to come up with \$15,000 and jump on a plane to Bulgaria. Not that the Partons didn't have help.

In fact, the fundraisers held by their family and friends — and boy, do they have a lot of friends — actually raised enough money to cover all the costs.

Lorna travelled to the European country with her sister Barbara Berle to undergo what is still considered a new, if not radical, treatment discovered by Italian doctor Paolo Zamboni.

Now in her mid-fifties, Lorna was diagnosed with MS 10 years ago.

"But the doctors said I probably had it much longer than that."

According to MedicineNet.com, MS is a disease where the nerves of the central nervous system (brain and spinal

cord) degenerate. Myelin, which provides a covering or insulation for nerves, insulates the conduction of impulses along the nerves and also is important for maintaining the health of the nerves. In multiple sclerosis, inflammation causes the myelin to disappear.

Consequently, the electrical impulses that travel along the nerves decelerate ... (they) become slower. In addition, the nerves themselves are damaged. As more and more nerves are affected, a person experiences a progressive impairment of functions that are controlled by the nervous system such as vision, speech, walking, writing, and memory."

Zamboni, whose wife was diagnosed with MS in 1995, began his research and found that in more than 90 per cent of patients with MS, after injecting his spouse, the veins draining blood from the brain were malformed or blocked. In people without MS, they were not.

When Zamboni performed a simple operation of unclogging the veins and getting blood flowing again, many of the symptoms of MS disappeared. The procedure is similar to angioplasty, in which a catheter is threaded into the groin and up into the arteries. A balloon is inflated to clear the blockages. His wife, who had the surgery three years ago, has not had an attack since.

And it's this procedure that diagnosed with MS in 1995, began his research and found that in more than 90 per cent of patients with MS, after injecting his spouse, the veins draining blood from the brain were malformed or blocked. In people without MS, they were not.

had given Lorna a new lease on life.

She's back in the Port pool again, swimming three times a week with the ability to kick her legs out, something she could only dream of doing before.

And that started in Sofia. Lorna had the procedure done on a Thursday, was discharged Saturday morning, walking back to her hotel and in the hotel pool by Friday evening.

She had to spend three days in the city following the surgery because doctors don't want their patients flying home. On the Thursday evening, she was relaxing in her private room in the hospital.

see DUMA page 6



Surprised your insurance prices increased again? Call us before you renew.



For Competitive Prices, Call for a Free Quote Today!



"White's Insurance went the extra mile to get me the best insurance package."

CONNIE ARMSTRONG, PORT COBORNE

WHITE'S
INSURANCE BROKERS
905-834-3228

45 Clarence St. W. Port Colborne • www.vergeinsurance.com



MURDOCH'S
Celebrating 52 Years as Tire & Mechanical Experts

SAVE \$40 ON A SET OF 4

ONLY ON A PURCHASE OF 4 HERCULES TIRES

P175/70R13 Reg. \$59	Special ON 4	\$196
P185/65R14 Reg. \$64	Special ON 4	\$216
P195/65R15 Reg. \$74	Special ON 4	\$256
P205/55R16 Reg. \$84	Special ON 4	\$296

FREE INSTALLATION, VALVE & BALANCING
HERCULES MRX TOURING 90.000 KM RATING - 440 TREADWEAR

SAVE MONEY WITH IMPROVED GAS MILEAGE AND TREAD WEAR
4 - NITROGEN FILLING SPECIAL \$29.95

Alignment \$49.00 With a 4 tire purchase	Safety Checks \$59.00 Most vehicles	Brake Job \$99.00 From includes labour & parts
---	--	---

Sale Expires: January 31, 2011

Murdoch's ONE STOP TIRE & AUTOMOTIVE
• PROFESSIONALS FOR 52 YEARS •
285 Kiliay Street W., Port Colborne 835-8832 www.murdochstire.com

MICHELIN

Surgery gave Lorna her life back

FROM PAGE 5

"I was still in the hospital as they want to keep you under observation overnight. I had sent my sister back to the hotel so she could have dinner before the hotel restaurant closed at 8.

"Around 7, I heard a knock."

Two young women walked into the room, sisters Mira, 21, and Rosie, 24. Both are university students in Sofia and they came to meet Lorna after hearing about her procedure — it turns out Mira plays online chess with a Port Colborne team.

The thought of them hit it off so well, the girls offered to take Lorna and Barbara sightseeing on the Saturday if Lorna felt up to it.

True to their word, they arrived at the hotel Saturday morning with their mother, an associate professor of art history at the local university

and their father, an engineer. The family spent the entire day with their new Canadian friends, giving them a guided tour of Port Colborne and the surrounding area. The girls speak English fluently and were translators for their parents.

"We shopped, we went out for lunch; they wouldn't let us pay for anything."

So what's next for Lorna? Surgery is still ongoing with regular maintenance.

There's a cardiovascular thoracic surgeon in Barrie, Dr. Sandy McDonald, Lorna will visit periodically to make sure she stays on track.

"I hope to see him on Dec. 28. He's been to Italy and worked with Dr. Zamboni so he knows his stuff."

And the diagnosis?

"Everything's good.

Everything is fine."

Now if only Canadian health officials could get



GEORGE DUMA InPort News photo

Lorna Parton will be able to make full use of her backyard pool come the summer. Thanks to a procedure she had done in Bulgaria in November to alleviate her multiple sclerosis symptoms, Lorna is able to fully swim again, including kicking her legs to propel herself, something that was impossible before her surgery.

their heads around the fact this is, indeed, surgery that completely changes how MS sufferers lead their day-to-day lives. Indeed, it has given Lorna her life back.

And now that she's been

to Bulgaria and back and has seen for herself just how easy all it is, makes her do a slow burn.

"It just makes me even angrier now that not everybody can get it done."

Hopefully, as more folks like Lorna come forward, that will change.

George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He welcomes comments at column suggestions and can be reached at gduma@ageco.ca



Norbert Gieger » 905.835.2155

We'll give you something to **SMILE** about!

- Fall & winter heating • Emergencies & House Calls
- Free Consultation • Upper & Lower Dentures
- Same Day Repair & Reline Service Available

188-A West St. Port Colborne



LENNOX
SLP98V
The most efficient and quietest furnace you can buy.

V.A. HOFFMAN
905-834-3783

393 KILLALY ST. E. PORT COLBORNE



PORT COLBORNE

Take Notice that the Council of the City of Port Colborne will hold a Strategic Planning Session on Friday, January 28, 2011 at 6:30 p.m. and Saturday, January 29, 2011 at 9:00 a.m. at the Roselawn Centre, 296 Fielden Avenue, Port Colborne.

Council invites and encourages the public to attend the Strategic Planning Session and will engage participants in setting the priorities for the 2010-2014 term of Council and shaping the future beyond this term.

For further information, please contact Robert J. Heil, Chief Administrative Officer at 905-835-2900 ext. 306.

Ashley Grigg
City Clerk

CITY OF PORT COLBORNE PUBLIC NOTICE

STRATEGIC PLANNING SESSION

VOTED #1



DRIVER EDUCATION

AAPEX
DRIVING ACADEMY

Register
On Line!

aapexdriving.com
8 LOCATIONS

**PORT COMPUTER
SOLUTIONS**

**Computer
Problems?**

www.portcomputersolutions.ca



Call us... we're here to help!
905-931-8922

Tea Party members have shown up to many events with loaded guns, some dressed in camouflage outfits, and there have been many who have made it clear that their second amendment rights if the government didn't do things their way.

The injured congresswoman's office had its window smashed after the health care reform bill was passed.

For too many years both in Canada and the U.S. if you don't agree with someone, many people of all political stripes dehumanize their opponent, turn them into an "it," foes, someone who is "shot down" figuratively and now with Saturday's tragedy, literally.

Somewhere we've lost the gentle art of civility where we can disagree with someone's point of view and in so doing, we have taken it to dangerous levels.

I worry that Canada and Canadians will become as divided, angry and uncivil as our neighbours to the south.

I hope I'm proven wrong

see we don't have incidents in Canada such as that we've just witnessed in Arizona.

Liz Seger
Port Colborne

TIMING: Work won't be done on time

Deadline extension sought for Main St. CIP

MARYANNE FIRTH
InPort News Staff

PORT COBORNE — Port Colborne is patiently waiting to find out if it will face a near \$1-million shortfall for its work on Main St.

The March 31 completion deadline for the city's Olde Huberstone Main St. community improvement project is looming, with work unlikely to be finished in time, Mayor Vance Badaway told council last week.

The Federal Economic Development Agency for

Southern Ontario committed \$3,662,450 to the project in April 2010 through the Community Adjustment Fund — with the stipulation work must be completed by March 31, 2011.

While an extension to Oct. 31 has been given to many infrastructure stimulus projects, those receiving CAF funding have not been granted an extension, courtesy of Badaway said.

The city has requested an extension, he said, with hopes of still receiving the promised federal funding under Canada's Economic

Action Plan.

Work on the Main St. CIP began in August. As of Aug. 1, 47% of the project has been completed. Up to Nov. 30, the city has spent \$2,642,528 — including more than \$1.75 million of CAF funding — on construction-related

expenses including contract administration and design costs. The total cost of the project is about \$5.6 million.

There is still more than \$1.9 million of CAF funding the city is eligible to claim, but in order to do that an extension will need to be granted, Badaway said.

A bulk of the remaining work involves paving and sidewalk work, as well as landscaping — all of which require a more temperate climate than the city is now seeing, he said.

Also due to the weather,

asphalt batching plants in the region are closed for the season.

If the project wasn't weather dependent, it would be completed by deadline, he told council.

Work is not expected to continue on the project until temperatures warm in April, said Ron Hanson, the city's director of engineering.

Badaway said it's important the Main St. project is "completed with the intended funding support" so the community is not impacted with the remain-

ing cost.

If the project is not completed in time and funding falls through, Badaway said the impact would be "devastating to the project and to the municipality."

"We're anticipating some cooperation, though that may not be the case," he said, adding he's optimistic other municipalities have received the extension.

"Now we wait with patience."

mfirth@wellandtribune.ca



Vance
Badaway
small ads BIG ideas

Nature's #1 Flu Medicine

If you've ever had the flu, you can relate to the saying... "I feel like I've been hit by a truck!" That's how people often describe the effects of the flu.

It usually starts with an aching body and a sore throat — and you know a full-blown bout of the flu is on the way. These symptoms are quickly followed by headache, fatigue, aches and pains, stuffy nose, weakness, sneezing, sore throat, cough, fever and overall discomfort. Experts say the average Canadian suffers from 3 to 4 colds every flu season (children average about 9). A standard bout of flu usually lasts about a week but often goes on for 2 weeks or more.

"People with the flu say they feel like they are going to die," says Dr. Claire Pomroy, Chief of Infectious Diseases at the University of Kentucky Medical Centre... "and in fact, people do die!" About 2000 Canadians are felled by the flu each year, although most are elderly or infirm.

Although the flu is spread year round, spring and winter are particularly risky times. Contrary to conventional wisdom, flu outbreaks have nothing to do with the temperature outside. Rather, it's because the weather forces people to spend more time indoors with ailing family and colleagues. This closeness increases transmission via direct contact and by coughing and sneezing.

Oscillococcinum (Oscillo for short) is the #1 selling homeopathic flu remedy in Europe and Canada. For over 40 years, it has been recognized as an effective remedy to relieve fevers, chills, body aches, pains and other symptoms caused by the flu. Oscillo works by stimulating the body's own defense mechanisms to resist the flu's onslaught. Oscillo is fabulous!

For more info about Oscillo, visit
Rosemary's Natural Choices

12 pack

Sale... \$ 21.59
Sale ends February 28

How about a FREE cup of coffee? Drop by Rosemary's Natural Choices and enjoy a cup of organic, fair trade coffee. Our treat! Joe, Brenda and Tina have been keeping Wellandians healthy for over 18 years. Good health, natural remedies, great people and free coffee. It doesn't get any better than that!



95 Lincoln Street (St. Charles Plaza)
I Block South of Pupos in Welland
Phone: 905 746-0568
www.rosemarysnaturalchoices.com

Information is provided for reference only. For specific health issues consult your local natural health practitioner.

inPortbriefs

BIA VOTE RESCHEDULED DOU TO POOR WEATHER

PORT COBORNE — The Downtown Port Colborne Business Improvement Area (BIA) annual general meeting and elections were cancelled Wednesday due to the weather.

"We did not want to risk

poor attendance due to the weather conditions," said board member Mickey Mayne.

She said the meeting has been rescheduled for Wednesday, Feb. 9, at 6:30 p.m. on the third floor of the hall.

All businesses and property owners will be notified of the meeting.

Remaining 2010 Models Must Go.

Don't miss out on the lowest prices of the year with finance rates as low as 0%.



Toyota Dealer Since 1966



BILL'S TOYOTA SALES

Canada's Oldest Toyota Dealer

2008 & 2009 Pinacle Program
Winner for Excellence
in Customer Service

925 Garrison Rd, Fort Erie
1-800-268-3986

■ GENERATOR: One to power city hall

Port city hall to become emergency control centre

MARYANNE FIRTH

InPort News Staff

PORT COBORNE Council doesn't want to keep Port Coborne in the dark.

So it was decided that a standby generator be purchased for city hall, allowing the building to act as a control centre during times of emergency.

While it seemed all councillors agreed with the

importance of lighting up the Charlotte St. facility, there was much concern with staff's recommendation to also provide standby power to Guild Hall next door.

In meetings with the city's emergency planning core group, it "became apparent" there are several drawbacks to having city hall as a single emergency centre, said Mayor Vance Badaway.

While it seemed all coun-

cillors agreed with the

importance of lighting up the Charlotte St. facility, there was much concern with staff's recommendation to also provide standby power to Guild Hall next door.

Guild Hall was deemed a fitting solution, he said, as it's right next door and can be powered by the same generator used for city hall if a larger capacity model is purchased.

The cost difference between power-ing only city hall versus both facilities is more than \$51,000.

Guild Hall would be used mainly to provide food and

shelter for people working at city hall during the emergency and their families, said city administrative officer Tim Hart.

Knowing their families are safe would allow emergency responders to remain focused on the task at hand, added Mayor Vance Badaway.

Ward 3 Coun. Bee Kenny said she doesn't believe in powering up a building not owned by the city.

She recommended to purchase a generator large enough to power both city hall and Guild Hall was defeated.

Coun. Ron Bodner fought for a recommendation, which was approved by council, to support the purchasing of a generator to power up city hall at a cost of \$181,926 — under budget from the \$200,000 council approved through debt service for the upgrade in 2010.

Ward 4 Coun. Ron Bodner was defeated.

The city's emergency centre should be placed where people are most vulnerable, she said, such as Wards 2 and 4 where a majority of the city's low-income housing is located.

She questioned whether local high schools could be used as emergency centres, but was quickly informed by Hanson neither school has a stand-by generator.

Kenny also asked whether the new multi-use sports complex could be used, but

mfirth@wellandtribune.ca



Bee Kenny



Ron Bodner



See where your love of music can take you.

- Audiologist
- Sound mixer
- Music arranger
- Audio operator
- Choreographer
- Tool designer
- Sound technician
- Patent lawyer
- Radio technician
- Electrical engineer
- Purchasing agent
- Media relations director
- Magazine editor

ontario.ca/myfuture

- Laboratory tester
- Interpreter
- Musician
- Graphic artist
- Patent agent
- Advertising manager
- Instrumentation engineer
- Quality control manager
- Talent agent
- Music therapist
- Concert singer
- Broadcast operator
- Accountant
- Software engineer
- Merchandiser
- Millwright

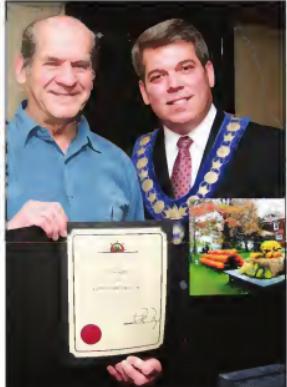
Turn your passion into a career.

With a range of grants, scholarships and loans, starting college or university may be easier than you think.



Paid for by the Government of Ontario

■ CAPTURE THE FALL



MARYANNE FIRTH Staff Photo

Port Coborne resident John Ballin was recognized as the winner of the Port Coborne Capture the Fall photo contest during Monday night's city council meeting. Ballin received a certificate for the honour, presented by Mayor Vance Badaway, as well as a \$100 gift card from @27 Restaurant.

inPortbriefs

POSITIVE BALLOT RESPONSE

WAINFLEET — Wainfleet had positive response to a mail ballot system used in the municipal election in October, township chief administrative

officer Scott Lucy told aldermen last week.

He said residents who used the system were very happy.

"They thought it was the greatest idea ever."

Special ballots were for

people away from the township — university students, seasonal residents, people in hospital, seniors who couldn't get out of their homes to vote or those who could not or did not want to vote at a traditional polling

station.

Voters sent in an application to the township with photocopies of identification bearing their signature.

A special ballot form with three envelopes — a secrecy envelope containing the ballot, an envelope with the elector's name and a control number, and a return envelope — was

then sent out.

Lucy said the numbers for the special ballots were about the same as for proxy votes, about 20,

but he expects the numbers to increase next time around.

ALDERMEN DROPPED

WAINFLEET — Two aldermen were dropped from the township's committee of adjustment and replaced by residents.

see INPORT BRIEFS page 11

SOUTHCOAST ADVENTURE PASSPORT



MARYANNE FIRTH Staff Photo

Winners of Niagara's South Coast Adventure Passport contest — launched by the city and Port Colborne-Wainfleet Chamber of Commerce to promote destinations throughout the Port Colborne and Wainfleet area — were awarded Saturday night. First-place winner, Grand prize winner Diane Munro received one night accommodation at Lake Breeze Bed and Breakfast, a \$100 gift certificate for @27 Restaurant and a gift certificate for The Spa Port Colborne. Second-place winner Kaesa Forand received one night accommodation at Talwood Manor Bed and Breakfast and a \$100 gift certificate to The Smokin' Buddha. Fourth place winner Gary Hurst, absent from photo, received two subscriptions for the 2011 Showboat Festival Theatre summer season and a \$100 gift certificate for San Marco's Ristorante. Third-place winner Bill Scott received golf and ride for two at Port Colborne Country Club and a \$100 gift certificate for Canalside Pub & Eatery. Pictured from left are Munro, chamber president Mike Sloat, Forand, Stephen Thompson, the city's director of economic development, tourism and marketing, Scott and Mayor Vance Badaway.

Which Bill did you work with?



In 1976, the CN Tower in Toronto was completed and was the tallest free standing structure in the world.



ROYALLEPAGE

Niagara Real Estate Centre Brokerage

Independently Owned & Operated

BILL BECSKEEREKI
Sales Representative
905-834-9000

www.BILLSHOMES.ca

SHERRY HOOVER
Bill's Assistant, Sales Representative
905-788-9000

PORTAL VILLAGE PLAZA

Killaly St. W. & Steele St.
PORT COLBORNE

Have you had your
HEARING
CHECKED LATELY?

HEARING AIDS & EVALUATIONS
SMITH
HEARING & OPTICAL CARE

We'd Love to Hear from You!
WE CAN HELP! 1-800-265-4222
482 Steele Street
905-835-6607
PORT COLBORNE

Let us help you with

A New LOOK!

Exciting NEW frames for 2011

* eye-popping styles, shapes & colours
 * LENS SPECIAL
 * PACKAGE DEALS

20% - 50% off FRAMES
Bring Your Vision Prescription to

SMITH OPTICAL

Vision & Hearing Care

482 Steele St. **905-835-6607** Port Colborne

EYE EXAMS ARRANGED



WINTER DEALS

**save
70%**

Artisan Heritage
10-piece cookset

- Cast aluminum
- Three layers of reinforced, non-stick coating

42-9230-4
Reg. 299.99

\$89.99

**save
\$30**

DECT 6.0 cordless
3-handset phone set

- Digital answering system.

69-7391-8
Reg. 79.99

\$49.99

**save
60%**

35-pc angle grinder kit
54-7480-5 Reg. 69.99
SAVE 65%
4-1/2" cutting wheels, 20 pack
64-1030-2
Reg. 39.99

**\$27.99
\$13.99**

**save
50%**

Motomaster Eliminator
LED booster cable.

- For safe and easy boosting in low light.

11-1213-2
Reg. 39.99

\$19.99

**save
55%**

Rechargeable
Work light

- 6 LED-beam light extends to additional 30 inches

37-9415-4
Reg. 34.99

\$14.99

Mixed
Bird Seed

18kg. 42-5939-4
Other Bird Seed
42-5918X
Each 6.99-10.99



\$12.99

**save
40%**

Stanley 500A
Jump-Start System

- Boasts batteries DC and provides 12V DC and 120V AC power
- Built-in 120 PSI air compressor

11-1533-8 Reg. 119.99

\$69.99

**save
40%**

Rival 6-quart
Smart Pot.

- Programmable touchpad. Smart to your setting when cooking is completed.

43-1533-6
Reg. 69.99

\$39.99



12V Electric Multi-Winch.

- DC powered. Capable of pulling 2000 lbs.
- Includes remote hand crank.

40-5921-8
Reg. 99.99

\$49.99

Get store coupon at gas bar

UNTIL THURSDAY JANUARY 27, 2011.
At participating stores, while quantity last. Sorry, no rainchecks.

**save
60%**

WITH COUPON

8-piece round
glass storage set

12-2024-2
Reg. 21.99



**\$7.99
SET**

**save
70%**

WITH COUPON

75W Inverter.

11-1538-1
Reg. 29.99



**\$8.99
EACH**

AUTO SERVICE

Cooling System Service

save 20%

Includes

- Evaluation of cooling system with written report
- Pressure test of system
- Car or pressure flush system to remove debris and old antifreeze
- Installation of warranty-approved antifreeze

**PORT COLBORNE MALL
WESTSIDE ROAD, PORT COLBORNE**

905-835-1155



- NEW WINTER STORE HOURS -
MON. TO THURS.: 9AM TO 7PM
FRI. 9AM-9PM
SAT. 9AM-6PM
SUN. 9AM-5PM



inPortbriefs**FROM PAGE 9**

Council made the decision to drop its representatives after the majority of the committee was called into question in late December.

At the December meeting, Ald. Ted Hessels said he believed the committee was to be made up of all Ward 1 residents, not three residents and two council members.

At the time, Hessels said the committee, which looks

at minor variances in zoning bylaws, was advertised as consisting of five residents. He had said it seemed council was backtracking on that.

At the meeting, Mayor April Jeffs said since the last meeting council received a lot of community input about the committee makeup.

Hessels asked the mayor if she was looking for names to fill for the two spots and the mayor said yes.

Ald. Richard Dykstra put

forward two candidates and council voted to accept both.

Andrew Watts, who ran for council in the October election, and Lewis Sheddren were accepted by council and will join fellow committee members Jennifer Turner and Garry Balicki.



April Jeffs

One member of the board just dropped out and will be replaced.

Council also approved members of the library board during the meeting.

Members of the board are Lynn Hunt, Rick Larinet, Michelle Tingey, George Csuka and Ald. David Wyatt.

MUNICIPAL COMPOSTING IS ON ITS WAY

WAINFLEET — Green bins are coming to Wainfleet. Mayor April Jeffs made

the announcement during her mayor's report at last Tuesday's township council meeting.

Jeffs said the bins, used to collect organic waste, will start being delivered to homes Feb. 7.

She said it's part of a change in Niagara Region's garbage and recycling collection plan, which goes into effect on Feb. 28 and will be for residents living in single-family homes and apartments (two to six units).

SINGERS NEEDED

WAINFLEET — The township is looking for singers.

Mayor April Jeffs said singers are needed to sing the national anthem before the start of each council meeting, which are held every two weeks.

"We're hoping people can spread the word," said Jeffs. Interested people can contact township hall at 905-893-3463.

GIANT TIGER

200 Fitch Street WELLAND

JANHARY DEALS!!!!

Friday, January 21st
to Sunday, January 23rd
While Quantities Last!

DOOR CRASHER!!!

JANE'S CARVED CHICKEN BREASTS
Limit 6 • 500 gram

HALF PRICE!
4.98
Regular \$8.97
Save \$4.99!

DOOR CRASHER!!!

HIGH-LINER WHITE WINE & HERB SHRIMP
Limit 6 • 340 gram

HALF PRICE!
2.98
Regular \$5.97

RITZ THINSATIONS
6 PACK
Limit 10

*100 Calories per pack

HALF PRICE!
2 FOR 3.00
Regular \$2.99

SHRIMP FEST!
COCONUT OR CRUNCHY BUTTERFLY SHRIMP
Limit 8 • 340 gram

SAVE \$2.00!
3.97
Regular \$5.97

OREO WAFERSTIX
10 PACK
Limit 10

'Made with REAL Chocolate

LESS THAN HALF PRICE!
2 FOR 3.00
Regular \$3.27

FRUITOPIA/FIVE ALIVE FRUIT DRINK
Limit 10
1.89 Litre

SAVE 50%!
1.77
*5 assorted flavours

200 FITCH ST., WELLAND ONLY!!

Fresh To Please
Sensory
Smart Power
Price Chasers On



PHOTOGRAPHIC MEMORIES

"Make your memories last"

JANUARY SPECIALS

PHOTO PRINTS 4" X 6"

(100 or more)

19¢
each

PASSPORT PHOTOS

\$8.99+ TAX
5.00 Shipping Fee

PHOTOBooks AVAILABLE

4x6, 5x7 & 8x10's

See in store for details...

**FOR THOSE
NEW PHOTOS**

ALL SPECIALS EXPIRE ON MONDAY, JANUARY 31, 2011

Located in

BOGGIO PHARMACY

200 Catharine Street,
DOWNTOWN PORT COLBORNE

905-834-2240

■ TECHNOLOGY: Proven systems

Dome pitch falls on deaf ears at Port council

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — John Mitchell has been working hard to dig up dirt on domes.

The Port Colborne resident has been doing his research and has presented his observations to council with hopes monolithic dome technology would be considered a viable option for the city's new multi-use sports complex.

Despite stepping before

council again last week, alongside vice-president of Lakes Lakes Dome Co., there was no further discussion from the group on the issue.

Mayor Vance Badaway told InPort News that council made it "very clear" the last time they discussed the issue of domes builders said the "proven system" has "enormous strength and longevity and excellent low maintenance characteristics."

Council took "no new

stand" during last week's meeting, "staying consistent with the direction of the past council with respect to the design of the building," he said.

The vice-president of Lakes Lakes Dome Co., who spoke on behalf of the company of dome builders, said the "proven system" offers the benefits of the dome building system, he said.

"If people were properly

informed, the citizens of Port Colborne would surely endorse a thorough evaluation of this innovative building told council.

There is no other option in the "conventional realm of construction processes" that offers the benefits of the dome building system, he said.

Mitchell said local materials and local labour would be used for the project, meaning the company would "pump at least 60% of the shell costs back into the immediate local economy."

In March 2010, the city was given information on the shell costs for a three-dome configuration totalling just over \$17 million. Mitchell said that if the city spent more than \$10.2 million would make it's way back into the city's economy, he told council.

"This is a politician's dream come true. A dollar boost to the local economy, providing jobs at the same time and all coming with the superior attributes of monolithic dome technology. You simply can't go wrong."

MacLeod said it would be both "inefficient and economically unwise" to transport the construction materials into the city. It's also "unnecessary to import the labour force" for the project, he added.

"This immediate economic return is often overlooked during the planning stages of such large-scale projects, but should never be underestimated," he said.

see DOME page 13

RECIPE of the Week

January 21st to February 3rd, 2011

Our Port Country Pantry

Honey Sesame Granola

1. Combine Oats, Sesame Seeds, Coconut & Sliced Almonds in a shallow 2 quart microwave-safe baking dish.
2. Stir until ingredients are well combined. Microwave on HIGH until bubbly and snap-like. Pour over mixture. Stir until set mixture is completely coated. Microwave, uncovered for 4 minutes on HIGH. Then stir, slightly. Microwave for an additional 6 to 7 minutes on HIGH, stir every 2 minutes, until firm. Turn out & spread onto a large parchment paper-lined baking sheet. Completely cool. Break into pieces. Makes (1.25 litres) about 5 cups.
3. 10% off our Product Ingredients

Lance's Gran - White Powdered Sugar - Cinnamon & Snow Almonds - Dark or Yellow Honey - Sea Salt - Unprocessed Liquid Honey

GIFT CERTIFICATES MAKE A GREAT GIFT!
Birthday • Showers • Weddings • Anniversaries
\$5, \$10, \$20 & \$30

1. 2 cups Large Flute Oats
(do not use Quick Oats)
½ cup White Sesame Seeds
½ cup Sweetened Coconut
½ cup Sliced Almonds, coarsely chopped

2. 1/3 cup Brown Sugar, packed
¼ cup cooking oil
¼ cup Liquid Honey
½ cup corn syrup
½ cup water
1 ½ tsp. vanilla
1 ½ tsp. salt

* If you prefer larger pieces, pack toasted oats mixture into a parchment lined 9x13 inch pan. Completely cool. Turn out, remove & discard parchment paper. Break into bite size pieces.

"JOIN US ON SENIOR'S DAY"
Tuesday, February 1, 2011
55 years & over - Receive 10% off total purchase
Complimentary Coffee & Cookies Served

NEW MANAGEMENT • NEW PRODUCTS


Port Country Pantry
Serving your bulk food & sausage making needs.

HOURS:
Tues. Wed. Thur.
9:30am-5pm
Fri. 9:30am-5pm
Sat. 10am-4pm

50 CHARLOTTE ST. (near City Hall) • 289-836-9522

EYE EXAMS
OPTOMETRISTS at
Porta Village Plaza
Dr. Janine Robichaud
Dr. Jean Lye
9 0 5 - 8 3 4 - 0 5 3 2
482 STEELE ST. PORT COLBORNE



■ WAINFLEET: Pelham men arrested

Meth lab found in Wainfleet barn

In Port News Staff

WAINFLEET — Niagara Regional Police arrested two Pelham men after uncovering a laboratory for producing methamphetamine set up in a barn in Wainfleet.

Police conducted a search warrant at 85014 Creek Rd. in Wainfleet and at 49 Foresthill Cres., in Pelham after a five-month investigation that involved police from Niagara and Hamilton, the Ontario Provincial Police's Organized Crime Enforcement Bureau and the Canada Border Services Agency.

Police were still at the farm along with other emergency workers as the lab was dismantled, under the guidance of the OPP's organized crime laboratory investigative Response Team.

In a news release issued last Sunday, regional police called

the barn "the focal point of a major ongoing clandestine lab."

Access to the area was restricted Sunday and nearby roads were closed to traffic due to the presence of flammable materials, poisonous chemicals, acids and other hazardous substances used in the production of illegal drugs.

Regional police called the dismantling of the lab's dangerous and hazardous operation, and there will be a high presence of police and other emergency services personnel in the immediate area, with restricted access to the area by the public.

Police called in the Wainfleet Fire Department, Niagara's hazardous materials team and Niagara EMS paramedics to assist with dismantling of the lab.

Wainfleet fire Chief Chris Cole said he could not comment on his department's role

in the incident.

Police said the prevalence of the drug has been growing across Canada and its use has been linked to numerous overdoses.

"The partnership and co-operation between the numerous agencies involved will have a significant impact on the illegal methamphetamine market in the Niagara region," police said in the release.

In addition to the meth lab, police seized about \$50,000 from the residence in Pelham where they executed their search warrant.

Charged with production of a controlled substance and possession for the purposes of trafficking are James DiBenedetto, 54, and Jason Barr, 37, both of 49 Foresthill Cres., Pelham. DiBenedetto was also charged with possession of proceeds of crime.



LARRY BOGGIO
R.Ph., B.Sc. Pharm. (owner)

Ask Our Pharmacists



DONNIE EDWARDS
R.Ph., B.Sc. Pharm.

Pinworms

In the last few months we have seen a number of people for treatment of Pinworms. This type of infection is fairly common most often found in children five to ten years of age because of poor hand washing and close contact in school. The treatment is simple but some steps need to be followed to help prevent reinfection and spread of this problem.

The most common symptom of this problem is an itchy rectal area. This is caused by tiny eggs deposited around the anus by a female worm. When someone with pinworms scratches their perianal area, eggs may lodge under their fingernails and spread to anything he or she touches. Infested dust, clothing, bedding, or toys can also spread eggs. When someone accidentally ingests these eggs they become infected. Adult females live for approximately three months in a human host. At night they migrate from the rectum to the anus and deposit their eggs. In moist, humid conditions eggs can survive for up to two weeks.

Pinworms do not cause abdominal pain, bloody stools, fevers, or poor appetite. If you have these symptoms you should go to the doctor.

If you suspect your child has pinworms the best way to detect them is the "Scotch tape test". This is best done at night after a few hours of sleep. Wrap a piece of cellophane tape around a tongue depressor sticky side out and press it to the skin around the anus to collect any eggs. Take the tape to the doctor who can look under a microscope to look for pinworm eggs. If you can collect several samples of tape, 90% of cases will be detected.

If one person in the household is diagnosed with pinworms all of the members of the family should be treated for the condition. There are two main types of treatment. The first is Combantrin (taken as a single dose as a liquid or tablet) which is purchased without a prescription. It is dosed based on weight and should not be given to pregnant women or children under one year of age. The second is Vermox. This is a prescription medication also not recommended for pregnant woman, or children under two years of age. Both types of treatment may need to be repeated because eggs can survive for a few weeks.

Other steps to take include careful hand washing (including scrubbing under fingernails), especially after using the toilet and before eating. All bedding, clothing, and toys need to be washed. Clean underwear and pajamas need to be worn every night. Bathrooms should also be cleaned particularly well to remove eggs.

It is common to become reinfected with pinworms several months after treatment. If this happens the doctor should be contacted and everyone should be retreated.

Pinworms are an annoying, but usually, unserious infection. With proper treatment and care it can be cured. Talk to your doctor or pharmacist if you suspect you or a family member is infected.

Two Locations:

BOGGIO
I.D.A.[®]
PHARMACY
PORT COTELINE
200 Catharine St., Port Colborne, ON
905.834.3514

BOGGIO & EDWARDS
I.D.A.[®]
PHARMACY
KIDNEYWAY
307 Ridge Rd., Ridgeway, ON
905.894.2200

www.boggios.com

■ DOME

Tender to be issued later this month

FROM PAGE 12

Construction costs are also lessened due to the "simple and rapid method" in which domes are built, MacLeod said, with no overhead cranes required and no large-scale structural steel required to be fabricated and assembled.

The form and permanent membrane of the dome is "essentially the first component to be installed," he said, allowing the construction process "to pro-

ceed quickly and uninterrupted" despite any inclement weather.

MacLeod said one of the most significant advantages to the domes comes "after the building is finished and is in operation."

The energy efficiency of the domes is improved, providing savings of 50% or more for heating and cooling compared to conventional buildings.

"The difference in operating costs when invested directly into a low volatility fund would

see the entire cost of the facility covered within a 15-to 20-year period."

Council is expected to continue moving forward with its current design plans for the new complex. Tender for the project is scheduled to be issued later this month, followed by a late February or early March closure. Construction is expected to begin this spring.

mfirth@wellandtribune.ca

AIR DUCT SYSTEM CLEANING

all CLEAN cleaning services

Printed in Canada
© 2010 Welland Tribune Inc.

Winter Savings!

Do you suffer from headaches, allergies, asthma or nasal congestion? Clean Air Ducts can help you breathe easier.

Before **After**

Indoor air can be 70% More Polluted than outdoor air. Clean Ducts reduces Gas/Hydro Bills

Customer Satisfaction Guaranteed
Over 17 Years Experience

905-834-4499

Port Colborne, ON
SERVING THE NIAGARA REGION

SAVE \$30

With Purchase Now \$79 - \$50 off

FREE Disinfectant

SAVE \$39

With Purchase Now \$79 - \$40 off

DRYER VENT CLEANING

Don't let mold damage your clothes. Call us for a free estimate.

THE CLASSIFIEDS

small ads BIG deals

PICK YOUR FAVOURITE and **WIN \$100* CASH**

INPORT NEWS

Reader's Choice 2011 *Cast Your Vote!*

Pick the Best In Port Colborne

BEST PLACE FOR FOOD AND DRINK

Chinese Restaurant _____
 Italian Restaurant _____
 Fish & Chips _____
 Fast Food Restaurant _____
 Family Restaurant _____
 Best Overall Restaurant _____
 Restaurant with a View _____
 Breakfast _____
 Lunch _____
 Outdoor Patis _____
 Chicken Wings _____
 Hamburger _____
 Pizza _____
 Sub _____

BEST ENTERTAINMENT

Movie Rental _____
 Bar _____
 Golf Course _____

BEST PEOPLE (INCLUDE NAME AND NAME OF BUSINESS)

Automobile Sales Person _____
 Insurance Agent _____
 Financial Planner _____
 Photographer _____
 Hairstylist _____
 Waitress/Waiter _____

BEST SHOPPING

Men's Store _____
 Women's Store _____
 Shoe Store _____
 Optical Store _____

BEST SHOPPING CONTINUED ...

Grocery Store _____
 Health Food Store _____
 Frozen Food Store _____
 Bakery _____
 Convenience Store _____
 Discount Store _____
 Pharmacy _____
 Pet Food Store/Supply _____
 Sporting Goods _____
 Florist _____
 Office Supplies _____
 Gift Shop _____
 Furniture Store _____
 Bedding _____
 Appliances _____
 Home Electronics _____
 Home Cleaning Service _____
 Gardening Centre _____
 Hardware Store _____
 Carpet/Flooring/Ceramic Tile _____
 Water Company _____
 Heating _____
 Air Conditioning _____
 Paint/Wallpaper _____
 New Cars _____
 Used Cars _____
 Lube/Oil Change _____
 Lumber Yard _____
 Car Wash _____

BEST SHOPPING CONTINUED ...

Body Shop _____
 Muffler Shop _____
 Auto Repair _____
 Tires _____
 Auto Parts _____

BEST SERVICES

Bank/Trust Co./Credit Union _____
 Beauty Salon _____
 Carpet Cleaning _____
 Catering Company _____
 Dance School _____
 Denturist _____
 Dry Cleaner _____
 Fitness Club _____
 Gas Station _____
 Insurance Brokerage _____
 Investment Company _____
 Landscape & Lawn Service _____
 Locksmith _____
 Martial Arts _____
 Pet Grooming _____
 Photo Finishing _____
 Signage Company _____
 Snow Removal Service _____
 Travel Agency _____

Contest Rules:

Only original newspaper ballot or hand-drawn contestants accepted. No mechanical reproductions allowed. Employees of the Tribune, and their immediate families are not eligible. Entries will be numbered and the winning ballot determined by a random draw from all entries received by 5 p.m., Friday, February 25th, 2011. Winners will be contacted by phone. You do not have to fully complete ballot to win.

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

SEND ENTRIES TO:
In Port Readers Choice 2011
 228 EAST MAIN ST., WELLAND, ON L3B 5P5
 OR DROP IN MAIL SLOT

All readers who submit a Readers' Choice ballot will have their names entered into a draw and the lucky winner of this draw will receive \$100.00 cash.

Fill in your ballot for the In Port's Readers Choice Awards. Write the names of your favourite businesses on the line provided. You can vote for one type of business on your ballot in each of the 5 categories. These merchants and businesses that receive the most votes will win the prestigious Readers Choice Award. The winners will be announced in a special section of the In Port News March 11th, 2010. Watch for our profile! Your ballot is your entry to our cash prize! So fill it out and send it today! The deadline for submission is 5 p.m., Friday, February 25th, 2011.

Limit: One ballot per reader.

Please note: All categories do not have to be fully completed.

* Non Subscribers win \$50

■ SALARY: Chair makes less than peers

No pay hike coming for Niagara regional chair, councillors

MATTHEW VAN DONGEN
QMI AGENCY

THOROLD — Regional councillors aren't ready to give their leader a pay raise.

Not yet, anyway.

Regional staff have recommended pinching the regional chair's salary from \$150,000 from \$113,913 over the next four years, reasoning Niagara's top municipal politician is paid significantly less than his peers.

Councillors at a regional corporate services committee meeting Wednesday put off a decision, however, asking staff to come back in the fall with a more detailed report on compensation for all regional politicians.

Members also declined to change the formula for councillor pay increases.

"Given that [council] voted to

institute a pay freeze for this year, I'm wondering if this is the right thing for such a decision," said Niagara-on-the-Lake Lord Mayor Dave Eke.

New Caledonia Coun. David Barrick later added he "suspects if he 'buys the argument' that the regional chair's salary needs to be in the middle of the pack compared to other mayors and chairs."

The staff report listed salaries for the leaders of neighbouring municipal councils like York (\$188,013) and Hamilton (\$118,518).

The report didn't recomment changing the \$27,527 base salary for the six vice-chairholders, but did suggest simplifying the formula used for annual adjustments.

That also didn't sit well with some councillors, who noted a citizens committee created the formula in 2007.

"If we're going to go back and look at that, we should strike a new (citizens') committee, or at least look at a more detailed range of comparators," said Grimsby Mayor Bob Bentley.

The six vice-chairholders, including regional staff, including politicians, are frozen for 2011.

Finance commissioner Brian Hinchliffe said staff would come back with a more detailed compensation report in time for the start of 2012 budget deliberations, likely in the fall.

CLASSIFIEDS
small ads BIG deals



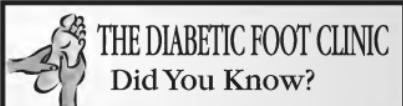
SPOTLIGHT on service

J. SNEEK PLUMBING & HEATING

FREE ESTIMATES * GREAT SERVICE * GREAT RATES

Call JOHN SNEEK

HOME: 905-834-2135 • BUSINESS: 905-964-2518



An innocent foot blister or callus is the most frequent cause of amputations.

Our office provides care for:
Corns, calluses, ingrown nails and warts.
Screening for neuropathy and loss of circulation.

Dr. David Aksoy, MD
Advance Diabetic Foot and Wound Care

Call now for appointment:

905-994-9494

168 Garrison Rd., Fort Erie

• No referral needed • Accepting OHIP •

licence2view



Each week we will print 6 licence plate numbers.
If your licence plate number is listed, be the first caller to leave a message with your name, telephone number and time of call.



CALL 905-732-2414 EXT 392



IMPORT NEWS



WIN
2 JUMBO VIDEO COUPONS



281 King Street
Port Colborne 905-834-9744



THE SWITCH



■ CHALLENGE: Raising awareness

Trying to live on a food bank diet

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Close to 70 people learned what it's like to live on a diet consisting of nothing but what can be found at local food banks.

Bridges Community Health Centre kicked off the provincial Put Food in the Budget

initiative last Wednesday afternoon, with 26 teams coming in and taking home enough food items to eat for three days.

"We have a team of over 30 communities in the province that are participating in the challenge to try and raise awareness of people who are living on low income or

living in poverty and have to

rely on food banks," said Lori Kleinsmith, Bridges health promoter.

She said the initiative is to raise awareness of the kinds of food that people typically receive when they go to a local food bank.

Those foods are non-perishable items such as cereal, powdered milk, canned soup,

Kraft Dinner, canned fruits and vegetables, canned meat and canned fish.

Participants were asked to eat the food bank items because it's not often that food banks receive fresh produce, proteins and dairy products.

"The immediate impact we want to make is for par-

ticipants to discuss this with their local MPPs and ask for an increase of \$100 to social assistance."

She truly believes that by providing people with the means to purchase healthier foods, which a \$100 increase would allow them to do, it would provide them better access to healthier food,

healthier choices and a healthier lifestyle."

Kleinsmith said food in food banks is a hand-and-food item that helps keep people's stomachs full, but a lot of it is not healthy. Some of the items are very high in sodium and additives.

See FOOD BANK page 19

Visit your Local Merchants

Sign up for your **REWARDS** card and start saving. Rewards provides you 10 points per every dollar you spend in our store.

It Pays To Shop Here!
BOGGIO PHARMACY
200 Catherine St.
905-834-3514

PORT COLBORNE'S #1 HOME SELLER!
2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009

THE MOST SUCCESSFUL SIGN IN PORT COLBORNE

Call Direct 905-834-7653
FRANK RUZYCKI
RE/MAX
WAINFLEET/HOMES.COM
PORTCOLBORNEHOMES.COM

DENNIS O'REILLY CONTRACTING AND CARPENTRY

Look no further to get professional results

- Recoupling the Niagara Region for the past decade
- Dedicated to providing the finest quality of service and materials for your dollar
- Written warranties

Always a fast, friendly and FREE estimate

"Don't settle on part time service"

Ph: 905-894-8599

When It's on sale at Sears It's on sale at Sears Port Colborne "Why Make the Drive"



Sears
Port Colborne
1600 SQ. FT SHOWROOM
Located at
183 Main St. East (Near Hwy #140)
Port Colborne 905-835-5881

Are You Going on a Caribbean Holiday?

Don't forget your...

Tilley
AVAILABLE AT:
ARLIE'S
Your Hometown Florist
12 CLARENCE ST., PORT COLBORNE 905-835-1433

FOR MEN & WOMEN

Drivers A830

NEEDED NOW - AZ DRIVERS OWNERS
OPS Start the New Year off right with a great business opportunity. We're seeking responsible, safety-minded Drivers and Owner Operators. Let us show you what's available. Call Cedon Corporation 1-800-332-0518 www.cedoncorporation.com

TAX BUSINESS
Must have clean and neat appearance. Drive and Know how to Print Tax Stmt & Bills Available as well. Must have a car. Apply in person to A Premier Test 4 Stongside Rd. 1-866-541-7577

EDUCATION**Career Training A880**

BECOME AN EVENT PLANNER! Take our IWEF (TM) online course Start your own successful business! You'll receive full-text colour. DVDs & access to our personal tutoring fee included. 1-800-267-1292 www.eventplanning.com

General Employment

Notices

It's that time of year...

Advertising - It works
New Business?
Need to get the word out?
Old Businesses?
Need New Customers?
See the results in the fields
we'd be happy
to help you.
7am-7pm

Monday - Friday

Saturday - Sunday

We'll get you all the area's
Best Papers
1-866-541-6757
Classified Extra
Specialists

Check this off
Looking to move? Want to
buy or rent? We can help.
CLASSIFIEDS IT WORKS!

10000

A860

Legal Notices A900

NOTICE TO CREDITORS AND OTHERS

IN THE ESTATE OF
OR MYRTLE WINNIFRED STODDARD deceased.

All claims against the Estate of Myrtle Winnifred Stoddard of the above shall be in the Regional Municipality of Niagara who died on September 21, 2010. All claims must be filed with the undersigned on or before February 1, 2011. After this date the Estate will be closed and no claims may only to claim then received.

Father at Niagara on the 11th day of January, 2011.

SHARPE, BERNARD
Barnstons and
Solicitors
4873 Lakeside Avenue
Niagara Falls, ON
L2G 3K2

Cahill, Steven
Solicitor for the
Estate

OBTAIN RESULTS,
with Classified Extra
1-866-541-6757

10000

A860

Notices A910

CRIMINAL RECORDS
Removal since 1989
Confidential, fast
and accurate.

TRAVEL FREEDOM
Call for your FREE
11 PG. MOBILE GUIDEBOOK
1-B-NOW-PARDON
1-866-332-9727
619-660-7600
www.PardonServicesCa
USA/Canada

Level 100% of gifts
1-866-541-6757

1-877-290-0553

You Choose Live
1-866-541-0199, 18+

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-6757

1-866-541-67

PUPO'S Corner of Maple Ave. and Prince Charles Drive		PUPO'S BAKERY FRESH BAKED MEDIUM KAISER ROLLS <small>Reg \$1.15</small>			
SPECIALS in effect Fri. January 21st to closing Thurs. January 27th, 2011 • OPEN SAT. 8-6, SUN. 10-5, MON., TUES., WED., 9-6, THURS., & FRI. 9-9					
PUPO'S PORK-BEEF-VEAL GROUND COMBINATION					
SAVE \$1.50 1 LB. 1.99 lb. LIMIT 3 Pkg		Surf & Turf Special CARIBBEAN LOBSTER TAILS FROZEN 8 OZ. SIZE VA PRICE 9.99 each			
AGED TO PERFECTION BONELESS NEW YORK STRIP STEAKS 1/2 PRICE 4.99 lb.		FRESH ONTARIO PORK BONELESS PORK TENDERLOIN 1/2 PRICE 2.99 lb. BONELESS LOIN PORK CHOPS 1/2 PRICE 2.99 lb.			
CUT FROM CANADIAN AAA BEEF BONELESS INSIDE ROUND STEAK OR ROAST SAVE \$2.00 2 LB. 3.99 lb.		DELI Specials Follows BLACK FOREST HAM 2.99 lb. EASY MEALS BONELESS SPANISH PROSCIUTTO 6.99 lb. MOZZARELLA CHEESE 4.99			
COUNTRY HARVEST WHOLE GRAINS BREAD 675g loaf 1/2 PRICE 1.59 5 loaf limit		PRIMO PASTA 900 g bag 1/2 PRICE \$1 3 bag limit			
ROBIN HOOD FLOUR 10 KG BAG 9.99 2 bag limit		GATORADE 710 ml bottle 1/2 PRICE \$1			
BREYER'S COOKIE JAR ICE CREAM 1.66 litre carton 1/2 PRICE 3.99		CLOVERLEAF FLAKED LIGHT TUNA 170g can 1/2 PRICE \$1 6 canister limit			
CHRISTIE'S THINSATIONS 2/\$5		CLASSIE ELITE PREMIUM 2-PLY BATHROOM TISSUE Pkg. of 12 Double Rolls 4.99			
Imported From Italy EMMA ITALIAN PLUM TOMATOES 28 oz. can 1.99		OCEAN SPRAY CRANBERRY COCKTAIL 1.89 ltrs 3/\$10			
NEW CROP CHILEAN RED SEEDLESS GRAPES \$1.99 L.B.					
NO. 1 GRADE MOROCCAN CLEMENTINES 3.99 6 LB. BOX		NO. 3 GRADE MEXICAN ASPARAGUS 2.49 L.B.			
CALIFORNIA SEEDLESS ORANGES 3.99 DOZ.		NO. 1 GRADE MEXICAN ENGLISH CUCUMBERS \$1 EA.			
FANCY GREEK MEDITERRANEAN GOLDEN DELICIOUS APPLES 99¢ LB.		NO. 1 GRADE MEXICAN LEAF LETTUCE 1.29 EA.			
NO. 1 GRADE MEXICAN SWEET ONION 99¢ LB.		NO. 1 GRADE MEXICAN TOMATOES 1.49 LB.			

■ CHALLENGE



DAVE JOHNSON Staff Photo

Bridges Community Health Centre health promoter Lori Kleinsmith, left, puts a package of rice into a bag for Lisa Bowers and Reuben Young. The couple are two of nearly 70 people who will see what it's like to live on a diet consisting of nothing but what can be found at local food banks.

Surviving on canned and dried foods

FROM PAGE 19

Bowers, a teacher at Lakeshore Catholic High School, and her husband Reuben Young were just two of about 70 people taking part in the initiative, which will see them eat nothing but food bank food items for three consecutive days.

With an interest in social justice issues and talking about poverty in her classroom, Bowers thought the challenge would be a good way to grow an understanding of what people who use food banks go through.

"I want to walk the talk and grow an empathy," she said, adding several of her students were taking part in the challenge in Fort Erie.

She hoped after it was over that it would be something talked about in the classroom.

Zoe Walters, who works for Bridges Community Health Centre, the organization behind the local challenge, wanted to take part to gain an understanding of what people who rely on food banks have to go through on a daily basis.

"This is only three days for us, others don't have that luxury," she said of the

challenge.
While there was enough food for three days, Walters said there wasn't much selection when it came to the non-perishable items available.

"It could be hard to stick to, but I'm going to try."



DAVE JOHNSON Staff Photo
Edges Community Health
Centre health promoter Lori

Port Colborne resident and Welland riding's federal Liberal candidate John Maloney thought the challenge would be straightforward enough.

"The food banks in our community are very active and the food people are eating has no fresh produce or fruit. That can be a chal-

lenger for a lot of people," said Maloney, who helps out at the Community Christmas Dinner, the Out of the Cold program and annual Lions Food Drive.

days, it should show him what some people have to eat for their entire lives.

Gillespie said you can't understand what something is like for others if you don't do it for yourself.

diskson@willow.dtslbums.org